

A Study on Level of Mental Health Problems of Adolescent

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ABSTRACT

Mental health problems are very common among adolescent. This may be due to the fact that attending family members to a challenging time for many traditional and non-traditional among adolescent. Adolescent after completing high school are typically younger, depend on parents for financial support, and do not work or work part-time. Thus, in addition to stress related to academic load, these adolescent may have to face the task of taking on more adult-like responsibilities without having yet mastered the skills and cognitive maturity of adulthood. Descriptive research design and simple random sampling technique was adopted for the study. A sample size of 60 was collected using interview scheduled. This study concludes that (58%) of the respondents are having good level of mental health, (24%) of the respondents are having moderate level of mental health and the remaining (18%) of the respondents are having poor level of mental health.

KEYWORDS: Adolescent, Mental Health problems

INTRODUCTION

Mental health is a level of psychological well-being, or an absence of mental illness. It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment" Mental health and stability is a very important factor in a person's everyday life. Social skills, behavioural skills, and someone's way of thinking are just some of the things that the human brain develops at an early age. Learning how to interact with others and how to focus on certain subjects are essential lessons to learn from the time we can talk all the way to when we are so old that we can barely walk. However, there are some people out there who have difficulty with these kinds of skills and behaving like an average person.

DEFINITION

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others. And make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. - WHO.

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MENTAL HEALTH PROBLEMS

Depression, Anxiety, Obsessive-Compulsive Disorder (OCD), Phobias, Eating Problems, Bipolar Disorder, Schizophrenia, Personality Disorders.

REVIEW OF LITERATURE

Prof. Dr. med. habil., (2013) is Medical Director of the Department of Child and Adolescent Psychiatry/Psychotherapy at the University Hospital of Ulm /Germany. He is a board-certified child and adolescent psychiatrist and psychotherapist and a board-certified specialist for medical psychotherapy in adults. Central to our work in child and adolescent psychiatry are encounters with and between people for developmental advancement: in daily work with families, on scientific congresses, in teaching and research. Still there are fears or prejudices against psychiatry to some extent. Hence, we aim to inform the public and the media transparently about our work and developments in our subject. In research we try to find new ways of treatment and to give empirical support for what we are doing.

Jai k Das M.D (2016) many mental health disorders emerge in late childhood and early adolescence and

contribute to the burden of these disorders among young people and later in life. We systematically reviewed literature published up to December 2015 to identify systematic reviews on mental health interventions in adolescent population. A total of 38 systematic reviews were included. We classified the included reviews into the following categories for reporting the findings: school-based interventions (n = 12); community-based interventions (n = 6); digital platforms (n = 8); and individual-/family-based interventions (n = 12).

Methodology of the Study

Objectives of the Study

- To study the demographic profile of the respondents.
- To access the level of mental health of adolescent.
- To access the difference between demographic profile and mental health.

Finds of the Study

Factors	Medium	Frequency	Percent
Age	19-25	42	70.0%
Gender	Male	40	66.0%
Education qualification	U. Graduate	32	53.0%
Family income	10000-45000	37	61.0%
Type of family	Nuclear family	43	71.0%

Simple Percentage Analysis

- Majority (70%) of the respondents is in the age group between 19-25 years.
- More than half (66%) of the respondents are Male.
- Nearly half (53%) of the respondents are U. graduate.
- Majority (61%) of the respondents family income level are 10000 -45000.
- Majority (71%) of the respondents are nuclear family.

DISTRIBUTION OF THE RESPONDENTS BY LEVEL OF MENTAL HEALTH

S. No	Mental health	No. of Respondents	Percentage
1	Good	35	58
2	Moderate	14	24
3	Poor	11	18
TOTAL		60	100.00%

INTERPRETATION

The above table demonstrates that (58%) of the respondents are having good level of mental health, (24%) of the respondents are having moderate level of mental health and the remaining (18%) of the respondents are having poor level of mental health.

Influence of socio economic factors and mental health of adolescent

Variables	Statistical tool	Value	Result
Age and mental health	ANOVA	F= .040 T<0.05	Significant
Gender and mental health	t-test	t = 1.051 p>0.05	Not-Significant
Educational qualification and mental health	ANOVA	F= .000 T<0.05	Significant
Family income and mental health	ANOVA	F= .943 P>0.05	Not-Significant
Type of family and mental health	t-test	t = .050 p<0.05	Significant

Research design: The researcher followed descriptive research design for the study.

Universe of the study: The universe of the present study is the Coimbatore district, Peelamedu.

Sampling: 60 Respondents were selected for data collection by a Convenience sampling is a non-probability sampling technique where subjects are selected because of their convenient accessibility and proximity to the researcher.

Tools for data collection: The researcher made use of interview schedule questionnaire. The researcher used for the 5 point scale was created by WHO (1995) scale. The Question 35 consists of mental health scale of adolescent.

The data were analyzed using various statistical tools like simple percentage, independent t-test, and ANOVA.

There is significant difference in the gender and mental health of adolescent.

There is no significant difference in the gender and mental health of adolescent.

There is significant difference in the educational qualification and mental health of adolescent.

There is no significant difference in the family income and mental health of adolescent.

There is significant difference in the type of family and mental health of adolescent.

Recommendations

- Meditation and related practices facilitate effective decision making, participation, efficiency and team work. Meditation training generates the capacity to concentrate and ability to take positive approach in the context of the well-being of all.
- There is growing consensus that healthy development during childhood and adolescence contributes to good mental health and can prevent mental health problems.
- Enhancing social skills, problem-solving skills and self-confidence can help prevent mental health problems such as conduct disorders, anxiety, depression and eating disorders as well as other risk behaviors including those that relate to sexual behavior, substance abuse, and violent behaviour.
- Health workers need to have the competencies to relate to young people, to detect mental health problems early, and to provide treatments which include counseling, cognitive-behavioral therapy and, where appropriate, psychotropic medication.
- Strengthening the provision of mental health services through the implementation of the mental health Gap Action Programme (MHGAP).

CONCLUSION

Many mental health problems emerge in late childhood and early adolescence. Present studies have identified mental health problems - in particular depression, as the largest cause of the burden of disease among young people. Poor mental health can have important effects on the wider health and development of adolescents and is association with several health and social outcomes such as higher alcohol, tobacco and illicit substances use, adolescent pregnancy, school dropout and delinquent behaviours.

This study concludes that (58%) of the respondents are having good level of mental health, (24%) of the respondents are having moderate level of mental health and the remaining (18%) of the respondents are having poor level of mental health.

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